



INCEPTION HYPNOTHERAPYSM



www.inceptionhypnotherapy.com

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717.525.7408

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info@inceptionhypnotherapy.com

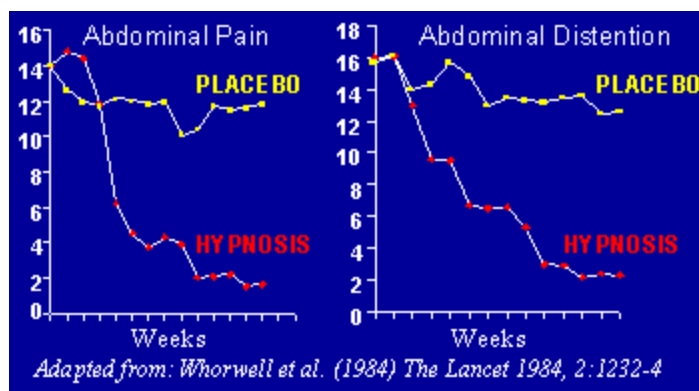
2200 Bellevue Road * Harrisburg, Pennsylvania 17104

Since 1984, study after study has demonstrated that hypnotherapy is the most effective way to help alleviate IBS symptoms. Here are some of the studies, published in peer-reviewed journals, which scientifically support this assertion:

Whorwell PJ; Prior A; Faragher EB. Controlled trial of hypnotherapy in the treatment of severe refractory irritable-bowel syndrome. The Lancet 1984, 2: 1232-4.

This study is the earliest and perhaps the best study in this research area to date, as it was thoroughly placebo-controlled and showed dramatic contrast in response to hypnosis treatment above the placebo group. Thirty patients with severe symptoms unresponsive to other treatment were randomly chosen to receive 7 sessions of hypnotherapy (15 patients) or 7 sessions of psychotherapy plus placebo pills (15 patients). ***The psychotherapy group showed a small but significant improvement in abdominal pain and distension, and in general well-being but not bowel activity pattern. The hypnotherapy patients showed a dramatic improvement in all central symptoms. The hypnotherapy group showed no relapses during the 3-month follow-up period.***

Graph adapted from the above paper, showing group differences in two of the main IBS symptoms:



Whorwell PJ; Prior A; Colgan SM. Hypnotherapy in severe irritable bowel syndrome: further experience. Gut, 1987 Apr, 28:4, 423-5.

This report summed up further experience with 35 patients added to the 15 treated with hypnotherapy in the 1984 Lancet study. ***For the whole 50 patient group, success rate was 95% for classic IBS cases***, but substantially less for IBS patients with atypical symptom picture or significant psychological problems. The report also observed that patients over age 50 seemed to have lower success rate from this treatment.

Houghton LA; Heyman DJ; Whorwell PJ. Symptomatology, quality of life and economic features of irritable bowel syndrome - the effect of hypnotherapy. Aliment

Pharmacol Ther, 1996 Feb, 10:1, 91-5.

This study compared 25 severe IBS patients treated with hypnosis to 25 patients with similar symptom severity treated with other methods, and demonstrated ***that in addition to significant improvement in all central IBS symptoms, hypnotherapy recipients had fewer visits to doctors, lost less time from work than the control group and rated their quality of life more improved.*** Those patients who had been unable to work prior to treatment resumed employment in the hypnotherapy group but not in the control group. ***The study quantifies the substantial economic benefits and improvement in health-related quality of life which result from hypnotherapy for IBS on top of clinical symptom improvement.***

Houghton LA, Larder S, Lee R, Gonsalcorale WM, Whelan V, Randles J, Cooper P, Cruikshanks P, Miller V, Whorwell PJ. Gut focused hypnotherapy normalizes rectal hypersensitivity in patients with irritable bowel syndrome (IBS). Gastroenterology 1999; 116: A1009.

Twenty-three patients each received 12 sessions of hypnotherapy. Significant improvement was seen in the severity and frequency of abdominal pain, bloating and satisfaction with bowel habit. A subset of the treated patients who were found to be unusually pain-sensitive in their intestines prior to treatment (as evidenced by balloon inflation tests) showed normalization of pain sensitivity, and this change correlated with their pain improvement following treatment. Such pain threshold change was not seen for the treated group as a whole.

Vidakovic Vukic M. Hypnotherapy in the treatment of irritable bowel syndrome: methods and results in Amsterdam. Scand J Gastroenterol Suppl, 1999, 230:49-51. Reports results of treatment of 27 patients of gut-directed hypnotherapy tailored to each individual patient. ***All of the 24 who completed treatment were found to be improve.***

Galovski TE; Blanchard EB. Appl Psychophysiol Biofeedback, 1998 Dec, 23:4, 219-32. Eleven patients completed hypnotherapy, with improvement reported for all central IBS symptoms, as well as improvement in anxiety. Six of the patients were a waiting-control group for comparison, and did not show such improvement while waiting for treatment.

Gonsalcorale WM, Houghton LA, Whorwell PJ. Hypnotherapy in irritable bowel syndrome: a large-scale audit of a clinical service with examination of factors influencing responsiveness. Am J Gastroenterol 2002 Apr;97(4):954-61. ***This study is notable as the largest case series of IBS patients treated with hypnosis and reported on to date.*** 250 unselected IBS patients were treated in a clinic in Manchester, England, using 12 sessions of hypnotherapy over a 3-month period plus home practice between sessions. ***Marked improvement was seen in all IBS symptoms (overall IBS severity was reduced by more than half on the average after treatment), quality of life, and anxiety and depression.*** All subgroups of patients appeared to do equally well except males with diarrhea, who improved far less than other patients for unknown reason.

Palsson OS, Turner MJ, Johnson DA, Burnett CK, Whitehead WE. Hypnosis treatment for severe irritable bowel syndrome: investigation of mechanism and effects on symptoms. Dig Dis Sci 2002 Nov;47(11):2605-14.

Possible physiological and psychological mechanisms of hypnosis treatment for IBS were investigated in two studies. Patients with severe IBS received seven biweekly hypnosis

sessions and used hypnosis audiotapes at home. Rectal pain thresholds and smooth muscle tone were measured with a barostat before and after treatment in 18 patients (study I), and treatment changes in heart rate, blood pressure, skin conductance, finger temperature, and forehead electromyographic activity were assessed in 24 patients (study II). Somatization, anxiety, and depression were also measured. **All central IBS symptoms improved substantially from treatment in both studies.** Rectal pain thresholds, rectal smooth muscle tone, and autonomic functioning (except sweat gland reactivity) were unaffected by hypnosis treatment. However, somatization and psychological distress showed large decreases. **In conclusion, hypnosis improves IBS symptoms through reductions in psychological distress and somatization.** Improvements were unrelated to changes in the physiological parameters measured. 17 of 18 patients in study 1 and 21 of 24 patients in study 2 were judged substantially improved. **Improvement was well-maintained at 10 - 12 month follow up in study 2.**

Gonsalkorale WM, Miller V, Afzal A, Whorwell PJ. Long term benefits of hypnotherapy for irritable bowel syndrome. Gut. 2003 Nov;52(11):1623-9. In this study, 204 IBS patients treated with a course of hypnotherapy completed questionnaires scoring symptoms, quality of life, anxiety, and depression before, immediately after, and up to six years following treatment. **71% of patients showed improvement in response to treatment initially, and of those, 81% were still improved years later, while most of the other 19% only reported slight worsening of symptoms.** Quality of life and anxiety or depression scores were also still significantly improved at follow-up but showed some deterioration. **Patients also reported fewer doctor visits rates and less medication use long-term after hypnosis treatment. These results indicate that for most patients the benefits from hypnotherapy last at least five years.**

Smith GD. Effect of nurse-led gut-directed hypnotherapy upon health-related quality of life in patients with irritable bowel syndrome. J Clin Nurs. 2006 Jun;15(6):678-84. This study conducted in Edinburgh, UK, measured the effects of a nurse-led gut-directed hypnotherapy. Seventy-five patients were treated with 5 to 7 1/2 hours of hypnotherapy, as well as receiving education and support. Diary results showed that **the physical symptoms of abdominal pain and bloating improved significantly after treatment. There were also significant statistical improvements in six of the eight health-related quality of life scales and in anxiety scores after treatment.**

Vlieger AM, Menko-Frankenhuis C, Wolfkamp SC, Tromp E, Benninga MA. Hypnotherapy for children with functional abdominal pain or irritable bowel syndrome: a randomized controlled trial. Gastroenterology. 2007 Nov;133(5):1430-6. This randomized controlled trial compared the effectiveness of six sessions of hypnotherapy over 12 weeks with results from standard medical therapy plus six sessions of supportive therapy in children with functional abdominal pain or IBS. Fifty-three children ranging in age from 8 to 18 years, with functional abdominal pain (31 patients) or IBS (22 patients), were randomly assigned to either hypnotherapy or the comparison treatment. Pain scores decreased significantly in both groups from baseline to 1 year follow-up, but **the hypnotherapy group showed significantly greater reduction in pain compared with the comparison group. At one-year follow-up, treatment was judged successful for 85% of the hypnotherapy group and 25% of the comparison group (p < .001).**

Lindfors et al, Am J Gastroenterol. 2012 Feb;107(2):276-85. Effects of gut-directed hypnotherapy on IBS in different clinical settings-results from two randomized,

controlled trials. This pair of controlled research trials in Sweden investigated the effects of 12 sessions of gut-directed hypnotherapy for IBS in two different clinical settings. In study 1, 90 patients were randomly assigned to receive either hypnotherapy or supportive therapy in psychology private practices, whereas in the second study 48 patients were randomly assigned to either gut-directed hypnotherapy or a waiting list in a small county hospital. Gastrointestinal symptom severity and quality of life were evaluated at baseline, at 3 months follow-up and after 1 year. ***In both the studies, IBS-related symptoms were improved at 3 months in the hypnosis groups but not in the control groups.*** In study 1, hypnosis produced a significantly greater improvement in IBS symptom severity than in the control group ($P < 0.05$), and a trend in the same direction was seen in study 2. ***The benefits from hypnosis treatment seen at 3 months were sustained up to 1 year.***

Lindfors et al. Scand J Gastroenterol. 2012 Apr;47(4):414-20. Long-term effects of hypnotherapy in patients with refractory irritable bowel syndrome. This was a Swedish retrospective survey of 208 IBS patients who completed a course of hypnosis treatment. The Subjective Assessment Questionnaire was used to measure changes in IBS symptoms, and patients were classified as either treatment responders and non-responders based on their scores. Patients also reported changes in health-care use, use of medications for IBS symptoms, use of other non-pharmacological treatments, and whether they still actively used hypnosis. ***Immediately after hypnotherapy 49% of patients were responders. 73% of these had improved further when they were surveyed at follow-up 2-7 years after hypnotherapy.*** A majority of the patients reported that they still used hypnotherapy on a regular basis at follow-up. ***Patients whose symptoms had shown good response to hypnosis used healthcare services less after treatment compared to non-responders.***

Vlieger et al, Am J Gastroenterol. 2012 Apr;107(4):627-31. Long-term follow-up of gut-directed hypnotherapy vs. standard care in children with functional abdominal pain or irritable bowel syndrome. This was a follow-up study of a previously published trial (Vlieger et al 2007 - see above) of use of hypnosis to treat IBS and functional abdominal pain in children. Here the investigators reporting the long-term effects of hypnotherapy versus standard medical treatment plus supportive therapy. ***All 52 patients treated in the previous study were invited to complete a standardized abdominal pain diary after an average of 4.8 years after finishing treatment. After all that time, 68% of the patients who received hypnosis treatment versus only 20% of patients in the comparison group were in remission ($p = 0.005$).*** Pain intensity scores were 2.8 in the hypnotherapy group at that timepoint, compared to 7.3 in the control group, and pain frequency scores averaged 2.3 for the hypnosis group and 7.1 for the control group. Somatization scores were also lower in the hypnosis group, but the groups did not differ in quality-of-life scores, doctors' visits, or missed days of school or work in this follow-up assessment.

Inception Hypnotherapy offers an 11 session hypnotherapy regimen which offers people affected by IBS the opportunity to alleviate their symptoms.

Sessions may be scheduled by calling 717-525-7408.